

GCSE Physical Education Curriculum Map



	Term 1 (September – December)		Term 2 (January – March)		Term 3 (April – July)	
Year 10 THEMES	<b>Structure &amp; function of skeletal &amp; muscular system</b> <b>Practical - Handball</b>	<b>Movement analysis</b> <b>Practical - Handball</b>	<b>Cardiovascular &amp; Respiratory system</b> <b>Practical - Badminton</b>	<b>Effects of exercise on the body</b> <b>Practical - Badminton</b>	<b>Physical Training – components of fitness &amp; Principles of Training</b> <b>Practical - Athletics</b>	<b>Injury Prevention</b> <b>Practical – Athletics</b> <b>Revision &amp; Mock</b>
<b>Physical factors affecting performance.</b> Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance. Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas Develop their ability to analyse and evaluate to improve performance in physical activity and sport.	Students will be able to name and locate the major bones and muscles of the body and be able to apply examples from physical activities and sport. Students will be able to identify major joints along with the associated articulating bones in the knee, elbow, shoulder and hip. Students will also develop their knowledge of the roles of muscles as agonists, antagonists, fixators and also how they operate as antagonistic pairs. Handball – students will increase their range and quality of skills, understand the physical requirements of the sport and improve decision making.	Students will develop their knowledge of the three classes of lever and will be able to use examples from physical activities and sport to show where these levers might operate to produce movement. Students will become aware of the mechanical advantage provided by levers in movement. Students will know the three planes of movement and be able to give examples of these levers from different physical activities and sports.	Students will develop their knowledge and understanding of the structure and function of the cardiovascular and respiratory system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms. Students will understand the pathway of air through the respiratory system and know the role of the respiratory muscles and alveoli during breathing, along with an understanding of key definitions. Badminton – students will increase their range and quality of skills, understand the physical requirements of the sport and improve decision making.	Students will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will be able to apply understanding of these effects to examples from a range of physical activities and sports. Students will be able to collect and use data in this section related to both short-term and long-term effects of exercise.	Students will develop their knowledge and understanding of the components of fitness. Learners will be able to define each component and be able to apply using a range of practical examples from physical activities and sports. Learners will also develop their knowledge of suitable tests for each component. Students will be able to define each principle and be able to apply each to personal exercise/ training programmes. Students will develop their knowledge and understanding of the key components and physical benefits of the warm up and cool down.	Students will develop their knowledge and understanding of how to prevent injury when participating in physical activities and sport. The potential hazards will be known in a range of physical activities and sports settings. Students will know how risks can be minimised using appropriate equipment, clothing, correct lifting techniques, and an appropriate level of competition.  Athletics – students will increase their range and quality of skills, understand the physical requirements of the sport and improve decision making.  Revision of Years work for mock exam.
Assessment	Unit 1.1 a & b	Unit 1.1 c	Unit 1.1 d	Unit 1.1 e	Unit 1.2 a & b	Unit 1.3

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Year 11 THEMES	Sports Psychology  Practical – Handball/Badminton*	Coursework – Analysing & Evaluating Performance. Socio-cultural influences Engagement Patterns.	Socio-cultural Influences, Commercialisation, Ethical & social. Practical – Handball/Badminton	Health, Fitness & Well-being Practical – Handball/Badminton	Revision	
<p><b>Socio-cultural issues and sports psychology.</b> Understand how the physiological and psychological state affects performance in physical activity and sport. Understand key socio-cultural influences which can affect people’s involvement in physical activity and sport. Understand the contribution which physical activity and sport make to health, fitness and well-being</p>	<p>Students will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports. Students will be able to identify key terms and describe psychological concepts, using practical examples from their own performances. Students will show that they can explain and evaluate sports psychology theories and principles and be able to apply theory to practice.</p> <p>Badminton/Handball – students will increase their range and quality of skills, understand the physical requirements of the sport and improve decision making.</p>	<p>Students are required to demonstrate their ability to analyse and evaluate their own performance in order to analyse aspects of personal performance in a practical activity, evaluate the strengths and weaknesses of the performance and produce an action plan which aims to improve the quality and effectiveness of the performance.</p> <p>Students will develop their knowledge and understanding of the factors that impact on physical activities and sports in the UK today. Students will be introduced to engagement patterns of different social groups in physical activities and sports.</p>	<p>Students will develop their knowledge and understanding of the factors that impact on physical activities and sports in the UK today. Students will be introduced to engagement patterns of different social groups in physical activities and sports. Students will develop their understanding of the influences of commercialism and the media on physical activities and sports. The ethical and socio-cultural issues in physical activities and sports will enable students to develop their understanding of sportsmanship, gamesmanship and deviance in sport.</p>	<p>Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Learners will develop their knowledge and understanding of diet and nutrition. Learners will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports.</p>		
<b>Assessment</b>	<b>Unit 2.2</b>	<b>Unit 3.2</b>	<b>Unit 2.1 a b c</b>	<b>Unit 2.3</b>		